

RETIREE ADVISOR

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Produced for retired members of the Tennessee Consolidated Retirement System

Meet the New Assistant Director



Jill Bachus
Deputy Director

Jill Bachus was appointed Assistant Director of the Tennessee Consolidated Retirement System (TCRS) in October 1999. Prior to her appointment in TCRS, she was the Director of the Baccalaureate Education System Trust (BEST) and the Director of Accounting for the Treasury Department. She has served Treasury in various capacities for over 18 years. Jill is a Certified Public Accountant, a Certified Government Financial Manager, and received her B.B.A. and M.B.A. from Middle Tennessee State University.

Tax Time Approaches

All retirees and beneficiaries who received TCRS retirement benefits in 1999 will receive a 1099-R with this newsletter. Following is an explanation of several key factors to assist you in filing your tax returns.

Box 1: This is the total TCRS pension benefits you received. This amount should be reported on your IRS Form 1040, Line 16a.

Box 2a: This amount is the taxable portion of your benefit as calculated by TCRS. This amount should be reported on Line 16b of your IRS Form 1040. TCRS uses the Simplified General Rule to calculate the taxable amount. If you retired on or before July 1, 1986, the amount of your after-tax contributions has already been excluded from your taxable income and your TCRS benefits are now fully taxable.

Disability benefits from TCRS are fully taxable until the benefit is converted to a regular retirement benefit at age 60 or death. After that point, the Simplified General Rule is used to determine the taxable portion of each monthly payment.

Box 4: This indicates the amount of federal income tax withheld by TCRS in 1999. Forms to change or revoke your withholding election may be obtained by calling or writing TCRS.

Box 7: This shows the type of benefit you are receiving. If you are a disability retiree, you may be eligible for a disability tax credit. (Refer to IRS Publication 524.)

Additional tax information may be obtained by calling the IRS toll-free number at 1-800-829-1040.

Schedule for 2000 Retirement Checks

All TCRS retirement checks are mailed on the last working day of each month. If you have not received your check by the tenth of the month, contact TCRS.

For retirees on direct deposit, retirement payments are credited on the same day the checks are mailed from our office.

The schedule for mailing retirement checks for calendar year 2000 is as follows:

January	31	July	31
February	29	August	31
March	31	September	29
April	28	October	31
May	31	November	30
June	30	December	29

Important Numbers



Retired Payroll: (615) 741-4913
Toll Free TCRS: 800-770-8277

Blue Cross/Blue Shield
Medicare Supplement: 800-221-7828
Group Insurance: 800-558-6213

Social Security: 800-772-1213

Web Site:
www.treasury.state.tn.us/tcrs/

Start Exercising Today for a Better Tomorrow

Physical activity is good whether you're 40 or 90 years old. Older people who become more active—including those with medical problems—may feel better and have more energy than ever before.

Staying physically active is key to good health well into later years. Studies show that inactivity can be dangerous; lack of exercise and poor diet together were cause of death in the U.S. in 1990, after are too old or too frail to exercise.

Nothing could be further from the truth. heavy-duty exercises such as jogging or is good for you. Vigorous exercise can help a brisk walk regularly can help lower your or depression. Climbing stairs, calisthenics, stamina and self-confidence. Weight-lifting muscle loss and slow down bone loss. Your feel better.

"You're never
too old to get
in shape"

Senator/Astronaut

John Glenn

Physical activity of any kind—from bicycling to easier efforts like walking—strengthen your heart and lungs. Taking risk of health problems like heart disease or housework can increase your strength, or strength training is a good way to stop daily activities will become easier as you

The National Institute on Aging together with Senator/Astronaut John Glenn have compiled a free booklet, *Exercise: A Guide From the National Institute on Aging*. The 100 page illustrated booklet provides healthy older people with scientifically accurate recommendations about exercise. The guide gives people the tools they need to start an exercise habit and stick with it. It focuses on four key areas for improving health and ability: endurance exercises, strength exercises, balance exercises and flexibility exercises.

To order the exercise guide, send request by e-mail to: KarpF@EXMUR.NIA.NIH.GOV, or call toll-free 1-800-222-2225, 1-800-222-4225 (TTY) between 8:30 a.m. and 5:00 p.m., eastern standard time.

This article was provided by the National Institute on Aging, U.S. Department of Health and Human Services. For more information about health and aging, contact The National Institute on Aging Information Center at 1-800-222-2225.

Board of Trustees Recognizes Two New Members



Connie Clark was recently appointed Administrator of the Courts. She previously served as a state judge for ten years. As a result of her appointment, she will also serve as a member of the TCRS Board of Trustees.

John Morgan was recently elected Comptroller of the Treasury. He previously served as Assistant to William Snodgrass. Morgan will also serve on the Board of Trustees as Comptroller of the Treasury.



Retiree Association Seeks New Members

The Tennessee Association of Public Welfare Retirees (TAPWR) is seeking new members. The TAPWR is an organization of retirees from the Department of Public Welfare (DPW) and its successor, the Department of Human Services (DHS).

If you would like to become a member or would like additional information, contact Julia Birmingham, Membership Chairperson, 112 Allendale Drive, Nashville, Tennessee 37205, (615) 352-5199.

The *Retiree Advisor* is a publication of TCRS, 10th Floor Andrew Jackson Building, Nashville, Tennessee 37243-0230, (615) 741-4913 or 1-800-770-8277. Steve Adams, State Treasurer; Ed Hennessee, Director;

Teresa Gibson, Editor

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